

HEALTH

Embrace Your Health! Lose Weight If You Are Overweight

What causes a person to be overweight?

Two common reasons for being overweight are eating too much and not being active enough. If you eat more calories than your body burns up, the extra calories are stored as fat. Everyone has some stored fat. Too much fat results in being overweight.

Why should an overweight person lose weight?

Losing weight helps you feel better and makes it easier to be more active. Losing weight is not easy - but take the challenge. If you are overweight, here are some other good reasons to lose weight.

- Your blood cholesterol levels may improve.
- Your blood pressure levels may go down.
- Your blood sugar level may be better controlled.

You can make losing weight a family project or set your own personal goal. Pick a day to begin. Focus on making simple changes on a daily basis. Make these changes slowly. Stick to them. Try these tips to start losing weight:

- Choose lower fat, lower calorie foods.
- Prepare food by broiling or baking more often instead of frying.
- Eat fewer breaded and fried foods. Breading and frying foods like fish, shrimp, chicken, and vegetables add fat and calories.
- Eat lean meat, fish, and poultry without skin.
- Eat more fruits, whole grain, and vegetables.
- Use the food label to choose lower calorie foods.
- Drink six to eight glasses of water each day.
- Eat smaller portions--do not go back for seconds.
- Slowly cut back on your portion size. Substitute with lower fat, lower calorie foods during the rest of the day.
- Be physically active for at least 30 minutes a day, or as much as you can. It really helps you to lose weight if you are more active.

Losing even ten percent of your body weight can improve your health. Being overweight increases your chances of developing diabetes, heart disease, hypertension and arthritis. Living a lifestyle that is based on healthy food selections and physical activity can contribute to lifelong weight loss.

